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SERVING THE BERNAL HEIGHTS NEIGHBORHOOD OF SAN FRANCISCO SINCE 1964

BERNAL COMMUNITY CONGRESS 1999

By Anne Telford, Introduction by Mauricio Vela, Executive Director, Bernal Heights Neighborhood Center.

This year's community congress was truly an example of a community agenda. Issues were solicited from and developed by the community, weekend tabling and door-to-door outreach was extensive and carried out by BHNC staff and community members, workshops were led by community leadership, and the Congress had approximately 150 Bernal Heights participants who supported the presentation of the Community Agenda to Mayor Brown and other City Hall representatives.

Congress also culminated our annual BHNC membership drive. We are presently at 99% of our 1999 goal of 500 members. The BHNC is truly a representative organization of the Bernal Heights community. Congress is a democratic process that allows for the BHNC to be held accountable for the resources received to serve the community. Congress also allows for ultimate participation by community representatives who elect the board of the BHNC and can run for a seat on the board should they feel the need.

Presented issues don't end at Congress. The school community is currently appealing to the School Board to reinstate the principal Randy Haves. The Living Wage is being pursued through the Living Wage coalition with active Bernal participation. Youth are following up with the San Francisco Recreation and Park Dept. to enhance evening activities, and South Bernal neighbors are still fighting to establish a planning process for the South Bernal area. The public safety committee will hold a follow-up meeting with our new police captain on September 11. If you would like to participate, please contact Claire Van Zevern at BHNC.

After registration and a welcome from Chad Hamilton, BHNC Board President, the morning's agenda covered a year-in-review slide presentation, program reports, strategic plan update, elections, thank yous and introduction of workshops. Then attendees formed breakout sessions held at the Center and the BH Library to discuss the following issues: schools, youth activities, planning/development/housing, living wage, public safety. At noon the community reassembled at the Center to await the Mayor to present their wishes to invited guests Mayor Willie Brown; District Attorney Terence Hallinan; Ligaya Avenida, San Francisco Unified School District; Lynn Greenlaw, Rec and Park; Lt. Pera, SFPD Ingleside Station; John Purvis, City Planning; and Erica Roman, Mayor's Liaison to Bernal Heights.



The Community Center welcomes Mayor Brown to its annual Congress.
Photo by Joseph Smooke

In a natty suit, wearing his trademark hat and sporting an impressive pinkie ring, Mayor Brown, in his first visit to Congress since 1995, gave what sounded a lot like a campaign speech in anticipation of elections this fall. However, the results after the Board of Supervisors voted for the Mayor's city budget the following Monday, gave Bernal residents most of the things they asked for. He had told residents that he would include \$5.5 million to increase wages for in-home supportive service workers, from \$7 to \$9 an hour, and to provide them with dental benefits. Sure enough, thanks largely to a decrease in welfare recipients, that promise was fulfilled—a good step toward achieving a living wage. The budget also includes a wage hike for workers in non-profit organizations that contract with the city. And the issue that was most hotly debated by the Mayor, reopening the pharmacy at S.F. General Hospital, was also included in the budget, with \$205,000 allocated for that purpose. Maybe making Willie mad helped! We'll have to wait and see if the senior housing at 5199 Mission happens, if clinics and community programs at public schools (charmingly asked for by youth workers at the Center) and the purchase of Mount Zion hospital—all without incurring a debt—become reality.

District Attorney Terence Hallinan also addressed the SRO crowd, citing impressive statistics on the decrease of crime in San Francisco.

The annual Community Congress was a success and it culminated in a delicious lunch and much socializing. Now the onus is on all of us proud residents of this great neighborhood to work for the issues that hit us closest to home, whether it be safety, schools, youth activities, low-cost housing or a living wage.



Mayor Brown returns our "nasty phone calls" in person!
Photo by Anne Telford

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*It is dedicated to
providing the people of
Bernal Heights with their
community's news, ideas,
issues and events, which
support the center mission:*

*"To empower people
in efforts to preserve
the ethnic, cultural, and
economic diversity of Bernal
Heights and improve the
economic conditions of low
and moderate income people
in Bernal Heights."*

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LETTER FROM THE EDITOR

Dear Readers:

I hope this finds you all enjoying the summer, if not the weather! I'd like to use this column to update you on stories from the last issue, and touch on some new topics.

We bid a fond farewell to Captain Rick Bruce of the Ingleside Station and thank him for his service and dedication. We look forward to welcoming new Captain Marsha Ashe who will greet readers in the next issue.

We say a final good-bye to Jake the Barber, a long-time merchant on Cortland Avenue who recently passed away. Also Mercedes Ante who was active in getting funds for the BHNC to be built in the late 1970s. She went to City Hall on the neighborhood's behalf many times and was active in the Filipino-American community. She passed away in late July. They will both be missed.

We received a nice card from S.F. PAWS (Pets Are Wonderful Support) thanking the New Bernal Journal for helping them raise \$26,000 for their non-profit organization which provides a wonderful service to people with AIDS, who can no longer walk their dogs, or fully care for their animal companions.

August 1-7 was World Breastfeeding Week. If you get a chance, stop by Bernal Books and check out the window display by Aimee Creelman of St. Luke's Hospital Breastfeeding Center celebrating this. For more information on breastfeeding and its many advantages to mother and baby, contact the San Francisco Breastfeeding Coalition at (415) 554-9728. Look for a future article on this topic in our Healthy Living section.

Brownie Girl Scout Troop 582 is a community-based troop that has met at the Bernal Heights Neighborhood Center since 1989. For the school year 1999-2000 they hope to recruit up to 18 additional members who are girls in grades 1, 2, or 3. As a community-based troop, they draw their members from Bernal Heights. That means a troop of 15 girls may represent as many as 9 schools. Some highlights from the troop's past include cleaning up Holly Park for the Great Sweep and pulling weeds from the gardens in front of the library. For more information, contact Membership Development Director Jeanine Edmonds at (800) 447-4475, or email jeanine@sfbgirlscouts.org.

We welcome new merchants Fast Frames which has a new store at 695 San Jose Avenue. Both Julie and I have had numerous things framed at the store on Market Street. I'm looking forward to one closer to home. They have an open house coming soon, so check out their ad in this issue and give them a call. Norman's Overhead Doors has opened in Davi Rogers' former leather shop. They specialize in door repair, new installation, and installation of Life-Master and Genie doors. (Now if I only had a garage...) Heartfelt is under new ownership and has many new offerings. New Bernal Journal tried to contact Darcy Lee, but she was either off on a buying trip to New York or busy making those wonderful easels with beautiful Japanese papers which tell the stories of the personal treasures and collections she has brought to Heartfelt. We look forward to many happy hours browsing and shopping at one of our favorite local haunts.

And, close to home...

On June 29, Governor Gray Davis signed California's \$81.3 billion budget. Included was \$2.669 million sponsored by Assemblywoman Carole Midgen (D-San Francisco) to fund projects in San Francisco's Mission District. Projects include \$1.069 million for construction of a new Mission Campus at San Francisco City College (the current campus is housed in a sub-standard building constructed in 1939); \$1.1 million for the Dept. of Parks and Recreation to be used as local assistance in the Mission—the money will help acquire land in the North Mission area for construction of a recreational area for children and \$500,000 to add a second and third story to the Brava Theater Center (these new additions will be used to provide outreach for minority youth in the area).

The Alzheimers Association is seeking volunteers for their signature event, Memory Walk 1999, to be held on Treasure Island, October 2. For more information, call (650) 962-8111 or (925) 284-7942.

Don't forget the 24th annual Open Studios when over 700 artists throughout the City open their studios to the public every weekend in October. Mark your calendars now for the weekend of October 9-10 when artists in Bernal Heights, Mission, Noe Valley, Castro, Mount Davidson, open their doors. For more information contact Artspan at (415) 861-9838 or email artspan@dnai.com.

This is the first offering from Bernal youth in a new column devoted to poetry, art and fiction. We welcome submissions from our younger neighbors up to 18-years-old, and in fact, put it out there to the kids to name their own column. Send submissions to Anne Telford at the NBJ, or leave a message at (415) 206-2140, x108.

Enjoy our summer reading and don't forget that we are always looking to our community for features and ideas for future issues of New Bernal Journal.

Sincerely,

Anne Telford

Anne Telford

PUBLIC SAFETY BREAK-OUT GROUP 1999 BHNC COMMUNITY CONGRESS

By Valerie Harris

Twenty-one concerned neighbors gathered in the "adult" side of the library for the "break-out group" focusing on public safety. Introductions around the circle of approximately 21 people revealed a diverse group with lengths of Bernal Heights residency ranging from eight months up to 46 years. Officer Mike Pera, the acting captain for Ingleside Police Station (new captain Marsha Ashe is scheduled to take over in August), and later, Officer Sonja Kelly from the Department of Parking and Traffic also attended the group and made suggestions. The group facilitators opened the floor for identification of problem areas and encouraged creative solutions.

The biggest topic was the identification of "hot spots" in the area. The locations of concern were: Crescent Avenue at the corners of Andover, Moultrie, and Ellsworth; Cortland Avenue at Ellsworth at night; the area near Skip's Tavern on Cortland at night; Richland at Mission; and Cortland Avenue at Bayshore Boulevard. The problems included loitering, public drinking, and public urination in front of liquor stores and nearby residences, and in a couple of cases, suspected drug dealing and use.

Another major topic was speeding and stop sign running in various places on the hill, including on Cortland. People wondered if speed bumps or more clearly marked stop signs would help the problem.

A third issue was the loss of the beat police officer in Bernal Heights. It was mentioned that there have been some serious incidents on Cortland recently, including two robberies of elderly people and a robbery and shooting at the Wild Side West bar. One group participant suggested that without the police presence, the area was now being targeted by criminals. In addition to a request for the return of a beat officer, the suggestion was made for police cars to be parked around the area to indicate a police presence. These topics were summarized and reported back to the reassembled Congress meeting.

A few additional topics were touched upon in the break-out meeting. One resident reported an increase in graffiti on the retaining walls on the 100 block of Holladay and the 100 block of Brewster. Officer Pera suggested contacting the IMPACT program for graffiti removal (553-1603).

There was also a report that the pedestrian overpass has broken lights, broken glass, and people hanging out and drinking, making it unsafe for use at night. When complaints are made about the conditions, the City claims it's Caltrans' responsibility, and Caltran says it's the City's.

Near Alemany Housing there is a problem with abandoned cars, which attracts vandals. Also, youth have been setting fires to the dry grass and trees on poorly maintained city property.

Another issue was the unpleasantness of the bus stop at Cortland and Bayshore, near one of the hot spots. Suggestions were made of moving the bus stop out from under the freeway underpass, increasing the lighting, and beautifying the underpass area with art or greenery. It was also suggested that local services, such as Health Care for the Homeless, be contacted to help the homeless and the drug addicted that hang out in that area.

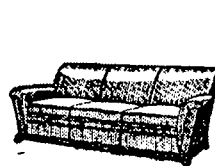
The group decided to meet again to discuss safety issues on Saturday, September 11 from 10 a.m.-11 a.m. Notices will be posted in the neighborhood and at the Neighborhood Center closer to the date for more information.

BHESSIC UPDATE

The community meeting on the 90% plans for the Banks-Chapman project did not take place in July as expected. Board members believe this meeting will occur sometime in late September. The location and time will be posted at the Bernal Heights Neighborhood Center and at the BH Library. For further info, contact Barbara Underberg (415) 648-6220

For advertising information and rates, please contact:
(415) 206-2140 ext. 148

**The publication date of the
October/November Issue
of the New Bernal Journal
is OCTOBER 2
Submissions due
Sept 17**



BERNAL HILL WILL BE ONE GIANT GARAGE SALE

Bernal Heights will be a garage sale lover's dream on Saturday, August 21, when neighbors bring out their second-hand treasures for the sixth annual Hillwide Garage Sale. Folks from all over the City enjoy exploring Bernal Heights's hilly, charming streets as well as discovering the village-like atmosphere of Cortland Avenue and meeting Bernal's friendly residents. Neighbors get in the spirit by sharing food, admiring each other's purchases, and buying and selling great stuff. Bernal really knows how to reduce, reuse and recycle with style!

This fun, festive event is a community fund-raiser to benefit BHNC Senior Services, which provides social, nutritional and recreational services and programs to over 450 elders each year. The Hillwide Garage Sale is one of the many ways Bernal residents contribute to the well-being of their elder neighbors, and demonstrate that caring is alive and well in Bernaltown.

Free maps to all the garage sale locations on the Hill are available for pick up at the Bernal Heights Neighborhood Center at 515 Cortland Avenue, the Bernal Heights Branch Library at 500 Cortland Avenue and at all the garage sale sites throughout the hill. For more information about the Hillwide Garage Sale, call (415) 206-2140. If you would like to donate of items for BHNC Senior Services Rummage Sale, please drop off donations at the BHNC, 515 Cortland Ave. on Friday, August 20 from 9 a.m. to 5 p.m. Thank you for your part in a great community event!

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SILICON HILL? TECHNOLOGY PAVILION COMING TO FIESTA EXHIBITORS WANTED

A new attraction will make its debut at Fiesta on the Hill on Sunday, October 10, 1999. The New Technology Pavillion will showcase an array of 21st century products, services and classes for people of all ages. Techies and novices alike will not want to miss this opportunity to get a headstart on the new millennium. The Pavilion will feature: educational and business software, computer games, services by Bernal entrepreneurs, web sites, chat rooms, and e-mail, mini-classes and hands-on demonstrations for novices, community resource rooms offering instruction and access, and so much more!

Like many good ideas, the New Technology Pavilion was conceived over a cup of coffee at Progressive Grounds. Carlos Gutierrez had just signed up to work on the Fiesta Organizing Committee. "It occurred to me that there are hundreds, maybe thousands of people right here in Bernal who are working in Silicon Valley and many of my neighbors own technology-related businesses that they operate out of their homes." Carlos put two-and-two together and figured this event could be a great way for these local businesses and entrepreneurs to spread the word about their products and services to the more than 8,000 San Franciscans who attend Fiesta.

The Bernal Heights Neighborhood Center, the non-profit organization that has hosted Fiesta since 1988, liked the idea too. "There are many kids who are not being exposed enough to computers in their homes or schools, there are adults seeking jobs who don't have computer skills, and there are seniors who have been left behind the technology movement," says Mauricio Vela, Executive Director. "The Pavilion will be an exciting way to introduce people to computers and then link them up with resources in the community that provide free access."

Now in its eleventh year, Fiesta on the Hill is one of the most popular street fairs of the sunshine season. Last year more than 8,000 people turned out for this celebration of Bernal's diversity. "Musicians, artists, games, gourmet food, a petting zoo and a pumpkin patch are all part of the Fiesta tradition," says Carol Rizzo Bee, Chair of the Children's Area. "Everything -from booth rentals for vendors to a ticket for face painting -is affordably priced in order to keep Fiesta accessible to everyone."

The New Technology Pavilion promises to be an exciting and innovative addition to the day. Exhibitors and vendors of all kinds, as well as more volunteers to help organize and set up the Pavilion, are needed. For more information, clip and send the coupon below or call Shella Brenner, Development Director, at (415) 206-2140, ext 161.

SO CLOSE, AND NOT SO FAR BHNC MEMBERSHIP DRIVE DRIVES ON

This year the Bernal Heights Neighborhood Center set out to recruit 500 Members and Friends by July 17th, the day of Community Congress. "This was an extremely ambitious reach for us," says Shella Brenner, Development Director and Bernal resident. "In fact, its double the number of Members and Friends who joined BHNC in 1998."

With that in mind, the fact that 496 households and businesses have joined BHNC as of August 11th is really an unprecedented success deserving of celebration. But don't break out the champagne yet. BHNC takes that 500 goal very seriously. "We're not giving up until we reach it," Shella says. We're working tirelessly to close the final gap."

Membership runs on an annual basis from January 1 through December 31. Given this timing and the benefits offered to members, its important to sign up by the end of July. "This way, people are getting the most from their membership dues and the benefits we are offering this year, including the Bernal Heights Film Festival and the upcoming Nightcaps at the Neighborhood, a potluck speaker series," says Shella.

There are many reasons to support BHNC, but the most important one is that each Member and Friend empowers the Neighborhood Center, and the community, to stand up for issues that are important to us. "Our current membership base of 496 households and businesses actually represents the voices of nearly 1000 Bernal citizens. That's a very powerful constituency for us," says Mauricio Vela, Executive Director.

On Saturday July 10th, a team of 25 volunteers, youth workers, BHNC Board members and staff, conducted an intensive Get Out The Vote Drive to tell folks about Congress. "These efforts boosted our membership results in a big way," says Demece Garepis, BHNC Board member. "It was truly a community effort, involving many volunteers as well as merchants who donated incentive items or helped us set up tables in front of their stores."

Many Thanks to Our GOTV Volunteers, Workers and Merchant Partners!

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Jane Krivitch	Carren Shagley
Lisa Lopez Coffey	Rachel Silver
Mauricio E. Vela	Joe Smooke
Alejandro Nieto	Juan Carlos Tirado
Martha Brothers	Lori Tran
Carmen Mendieta	Claire Van Zevern

Fiesta Reply Form for Vendors and Volunteers

I would like more information about exhibiting in the New Technology Pavillion.

I would like more information about other (non-technology) vendor and advertising opportunities.

I would like to volunteer to help organize () the New Technology Pavillion or () another part of Fiesta.

Name
Address
Phone
Fax
E-Mail Address

Company Name (if applicable)
Comapany Location & Service Area
Main product to exhibit

Please mail this form to Development Office, Bernal Heights Neighborhood Center, 515 Cortland Avenue, San Francisco, CA 94110



Sunday, October 10, 1999

Would you like to...Meet great people? Work collaboratively with your neighbors? Give something back to the community? Have fun?
Be part of Fiesta on the Hill

The Bernal Heights Neighborhood Center needs volunteers from every corner of Bernal to help plan and run the 11th annual Fiesta on the Hill along Cortland Avenue.

Committees include:

- Publicity and Promotion
- Youth Logo Competition
- T-shirts

- Entertainment
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- Arts and Crafts Raffle

Louis Waters Jr.- Making a Clean Sweep

By Jonathan Gornwalk

He is the latest addition to the Bernal Heights neighborhood, and hopefully on his way to becoming a permanent fixture. He may not be immediately noticeable to all around him, but everyone shares in the good work that he's doing. I'm talking about Louis Donald Waters Jr. the friendly, easy-going Bernal Heights sidewalk-sweeper. Louis Waters Jr. is a 51-year-old African-American male who currently finds himself a part of the city's Welfare Reform efforts.

Formerly employed as a mail room driver for ten years, and a divorced father of two, Louis's fortunes began to change after he suffered a stroke in 1996, and also found out he was diabetic. Unable to return to work, he went on disability pay for a year before he felt ready enough to resume work, and that's when he found out his former employer had gone out of business. This caused Louis to go on unemployment in order to be able to support himself and his aged mother. Oh, did I forget to mention that Louis also supports his 71-year-old mother who unfortunately is stricken with Alzheimer's disease. Unable to find a day-time job that would leave his nights free to look after his mother, Louis was forced to sign on as a welfare recipient in February 1998. That lasted until September of this year a total of seven months) when Louis was picked after a very selective screening process to become a member of the T.E.P. (Transitional Employment Program).

And this is actually where the second half of our story begins. TEP is a six- to twelve-month long program which takes participants off of the welfare rolls and provides them with a temporary job sweeping the sidewalks of our city while seeking to place them into full-time permanent unsubsidized employment. Ideally TEP uses a two-pronged approach; first of all keep the city's streets clean, and secondly, to encourage city merchants and residents to appreciate the upkeep of their streets and be willing to keep the by-now familiar street-sweepers as a permanent service to that neighborhood's streets. TEP is administered by S.L.U.G. (San Francisco League of Urban Gardeners), a non-profit organization based in the Bayview-Hunters point neighborhood of San Francisco. SLUG partners with the Department of Public Works, and other city agencies, in order to implement and train the program participants in various job-training skills. Louis Waters is actually a graduate of SLUG's Gardening and Composting education program. This way TEP participants are able to acquire new skills such as Gardening, Landscaping, Welding and Computer training while working on the job.

Louis's route consists of Cortland Street (including Putnam Ave to the Farmers Market) from Oakdale to Mission Street, and continues down Mission Street through Crescent to Army Streets. This is an estimated five-mile route which Louis walks five days a week. To hear Louis tell it, it goes like this, "I like the job I am doing. As a matter of fact, being a diabetic and having high blood pressure, this type of work has done wonders for my health. I've lost 40 pounds. And my medical problems are in check. My doctor is happy and I love this neighborhood!" He exclaims, as he offers you his genuinely disarming smile.

Louis's amiable demeanor has in fact won him the friendship of a sizable number of Cortland Street merchants and residents alike. He has made many new acquaintances who agree that he is tailor-made for their neighborhood. Always ready to help out, Louis is an excellent listener and serves as a genuine informal communication hot-line with his vast knowledge of Bernal Heights activities and goings-on. When speaking with Louis I get the sense of an experienced, well-brought-up man who takes genuine pride in his work and really cares about the community he is serving. Like most of us out there, I presume Louis doesn't care too much for a hand-out, but rather would prefer to strive towards becoming a full-time, gainfully employed productive member of society rather than remaining on welfare to be unnecessarily subsidized by tax-payers.

The Cortland Merchants Association has stepped up to help save Louis's job. The Merchants are currently trying to gather the funds necessary to pay Louis an annual salary and Louis would be officially employed by SLUG. Because this is a unique proposal, the Mayor's Neighborhood Beautification Fund has promised \$5,000 to the project, and if significant funds are raised by the Bernal Heights Community, has promised additional funding next year. If you would like to help support Louis or would like more information please contact Jonathan at 285-SLUG. The \$25,000 for Louis's annual salary must be raised by the end of August so please hurry and act now.

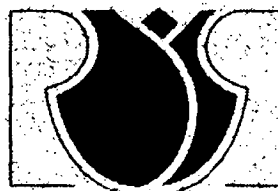
Jonathan Gornwalk is the the Director of the Transitional Employment Program at the San Francisco League of Urban Gardeners (SLUG).



Cortland Street Sweeper extraordinaire, Louis Waters Jr.

Photo by Jonathan Gornwalk

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DYKE MARCH: YOU GO GIRLS!!

By Julie Walcer

Fifty-thousand loud proud dykes marched through the streets of San Francisco on July 26 in what was probably the largest lesbian event ever. The 7th annual Dyke March, which takes no corporate sponsors, has no permits, no politicians, and no men was organized by a small band of radical dykes. Their call for the march proclaims "We're a movement not a market", emphasizing the grassroots political nature of the march.

The event began with a gathering in Dolores Park featuring live music and comedy. Also on stage were performance artists, hot DJs, and wild Club Q dancers. The keynote speaker was Urvashi Vaid from the National Gay and Lesbian Task Force. The march brought together everyone from high femmes to stone butches, corporate dykes, radical dykes, young dykes, old dykes, and a diversity of races and cultures. A highlight of the rally was the appearance of Ruth Ellis, a 100-year-old dyke. Thousands of dykes poured into the streets in a stream of spirited dyke unity. Chanting throughout the march and carrying signs of dyke pride, the marchers roared at the show of support from spectators in the neighborhoods. Many onlookers held hand-painted signs proclaiming their love and support for the marchers. The event ended with a street party in the Castro.

The committee that organizes the march is open to all women. For information about next year's march call (415) 241-8882 or email: grafix@sirius.com.

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FILM BERNAL FILM FESTIVAL RAGING SUCCESS -
LAST TUESDAYS OF THE MONTH!

The Bernal Heights Neighborhood Center is proud to sponsor the first annual Bernal Heights Film Festival. The film series started this July showing Gregory Gavin's Bernaltown, and was a raging success. The Bernal Heights Film Festival displays the extraordinary diversity of cinematic talent unique to Bernal Heights, and is held to thank members and Friends of the Bernal Heights Neighborhood Center.

On Tuesday, August 31st, we will feature Deb Chasnoffs award-winning *Deadly Deceptions* and her film with Kim Klausner on their groundbreaking look at lesbians mothers, *Choosing Children*. On Tuesday, September 28th, we will feature Ruby Yang's provoking coming-of-age film on the Hong Kong transition seen through the eyes of youth, *Citizen Hong Kong*. On Tuesday, October 26th we will feature Vicky Funari's highly-acclaimed film *Paulina*. On Tuesday, November 30th we will feature several short films under the theme *Tales from the South, around the World, and other Weird Stories*. Admission is \$1 for non-members and free of charge for members and Friends of the Bernal Heights Neighborhood Center. All films are open to the public.

Films begin at 7:00 p.m. at the Bernal Heights Neighborhood Center (doors open at 6:30) preceded by a "Meet the Filmmaker" at 6 p.m. for Friends of the BHNC. Following the film, there will be ample question and answer time with the filmmaker and the general audience. For more information, please call Demece Garepis at 641-0507 or email at dgarepis@pacbell.net

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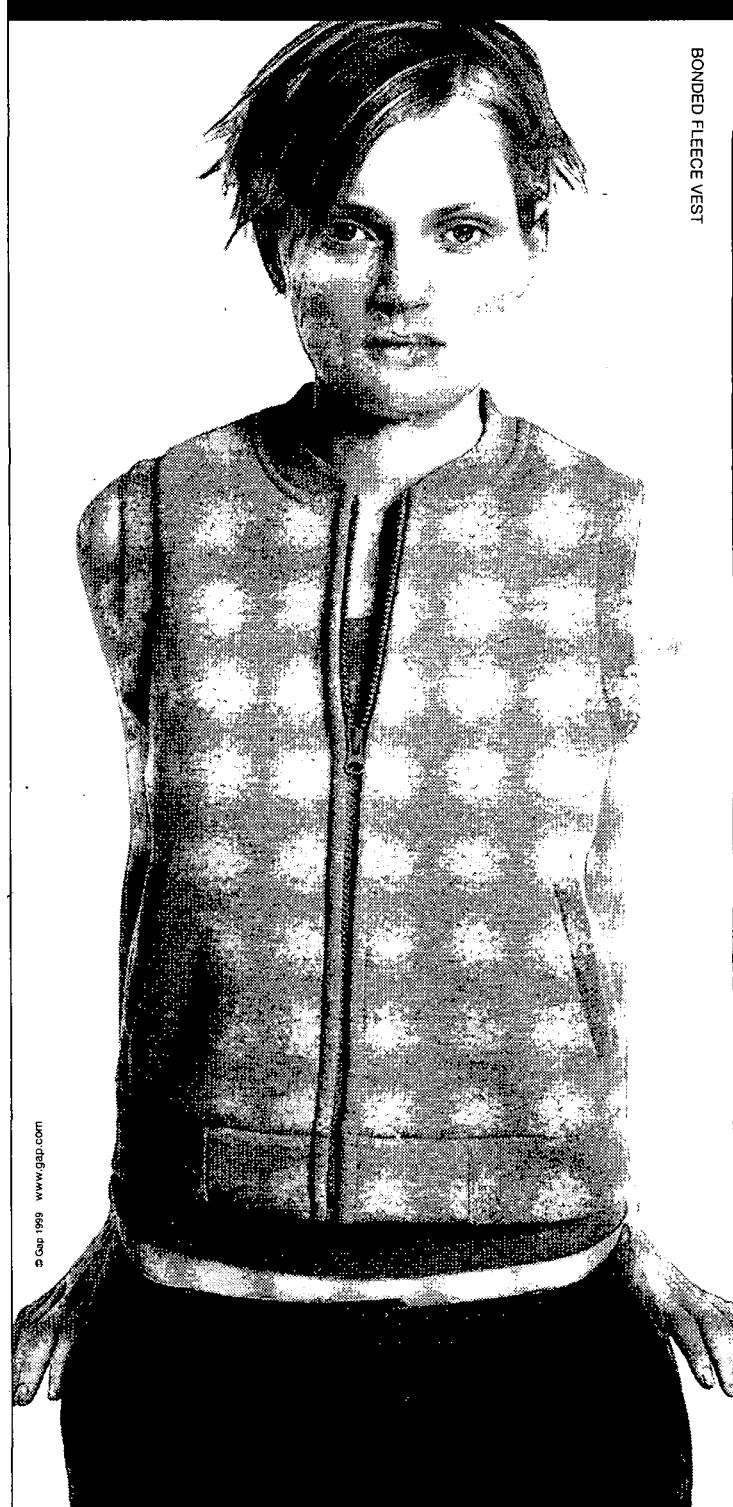
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JUVENILE JUSTICE MOVEMENT KICKS OFF CAMPAIGN AT THE CELL

By Claire Van Zevern

It was late Friday evening by the time I entered the warehouse space, aptly named The Cell. A handful of young people were sprawled on the sidewalk crowding the door. After some confusion and a security check by a woman who looked to be much younger than myself wearing a plaid flannel shirt, I entered into a bright room being used as an art gallery. A table for donations and information was set up and as I passed a well dressed man, he balked, "Hey! We're taking money here! We're trying to build a movement."

The Third Eye Movement is a youth-driven coalition to hold the Bay Area police accountable to treating youth and minorities with dignity and respect. Third Eye presented this event titled "Under Siege" to promote awareness of a ballot initiative that Californians will be facing in March 2000 which includes punitive measures for youth. Dance, spoken word and rap artists presided in the packed warehouse space to advocate cultural diversity and empowerment. The event was co-hosted by Rudy Corpuz, Gang Prevention Counselor at the Bernal Heights Neighborhood Center.

Pitch Black, one of the spoken word performers, used Christian metaphors to talk about the poverty, death and violence that too many of the audience members face. "Realize the real eye," he encouraged his audience and pointed to the Third Eye movement's banner behind him. "It's hard to see with just two eyes." All of the performers articulated ideas of capitalism, corporatism, justice and equality in extremely intelligent and sophisticated ways, often mixing irony and insult. The crowd of teenagers did not miss a beat.

The Gang Violence and Juvenile Crime Prevention Act was intended for the November 1998 ballot. Looking ahead to a hopeful presidential campaign, former Governor Wilson took key pieces of his juvenile crime legislation that even fellow Republican legislature members would not pass and turned them into a ballot initiative, and paid \$2 a signature to gain the necessary amount to qualify. Due to competition from the Indian Gambling initiative and bad weather, signature gathering was completed for the March 2000 ballot. Among the provisions of the measure: expand adult trials for youth, including any 16-year-old charged with a serious crime or any 14-year-old in a serious crime with an aggravating circumstance; increase punishment for gang-related felonies, including death penalty for gang-related murder; increase wire-tapping of gang-activities; disclosure of gang members; make recruiting to gang activities a crime; add new felonies such as vehicular manslaughter and carjacking to the three strikes list; and prevent the legislature from removing felonies from the three strikes list. All of these provisions would increase the incarceration rate of juveniles and effectively punish young people for their mistakes even as they grow into adulthood.

California currently has the highest rate of incarceration in the United States, some estimates go so far as to say the world. The yearly cost of incarceration is more than a year at Harvard University, America's premier academic institution. In states where legislation similar to California's proposed initiative has passed, such as Florida, the incarceration rate of juveniles increased to 7,000 as compared to 9,000 nationwide.

Furthermore, many of those youth were tried as adults and therefore exposed to hardened criminals such as murders and rapists. Theoretically, a youth aged 14 charged as an adult could spend 10 years with such criminals and at age 24 have been exposed to cruelties most adults do not bear witness to. California spends nearly 4 billion a year on prisons. According to an article in the New York Times, the state has added 21 prisons and only 1 university campus since 1984. The money spent on incarceration channels desperately needed funds away from prevention. Prevention programs, according to a 1996 Rand Corporation study, are estimated to be at least twice as effective and significantly cheaper than tough crime legislation such as "Three Strikes" laws. One study shows that while an estimated 60 crimes were prevented annually per \$1 million spent on 3-strikes laws, an estimated 258 crimes were prevented per \$1 million spent on graduation incentives and an estimated 157 crimes were prevented with the same amount invested in parent training.

With a crowd of over 200 present at Under Siege and reputable organizations such as Coleman Advocates for Youth and Bay Area PoliceWatch behind them, it seems likely that the Third Eye Movement's voter education campaign to defeat the Gang Violence and Juvenile Crime Prevention Act will have an impact—a difficult struggle for a population, too young to vote, whose voice is often muffled by the adults' playing politics with their lives.



Rudy Corpuz, BHNC Gang Prevention Counselor (right) and participant, Tony.

SCHOOL DAZE: PROTEST OVER REMOVAL OF PAUL REVERE PRINCIPAL CONTINUES

Reported by various concerned Bernal residents

As the result of a seemingly inconsequential and rather routine matter of personnel transfers, a real chord was struck within the community with the sudden news of the transfer of Paul Revere principal Randy Haves to another local school.

In the past two months, practically the entire neighborhood—parents of Paul Revere students, parents who have non-school age children, parents of pre-schoolers thinking of the future, teachers, support staff and volunteers from the school, residents of the neighborhood with no children or grown children, bus drivers, a number of current students, recent graduates and even a grandmother who had graduated from Paul Revere who testified to the changes she'd witnessed in the school as she watched her child and grandchild in their own classes there—have all united over this issue. They have passionately rallied for this cause, despite such differences as socio-economics or length of residency in Bernal, with the understanding that neighborhood school issues affect the entire neighborhood.

"Quoting stats for the last two years is not a reason to transfer a principal, especially when comparing Paul Revere to other schools and not itself," said one mother of a soon-to-be school-age child. Another neighbor said, "This is a guy who brought everyone together. Randy Haves is part of the unification of this neighborhood. He did the kind of thing in Paul Revere that the whole nation is trying to do. He was away all summer and had nothing to do with any of this. This all happened independent of his knowledge, people reacting on their own and organizing to stand up for what they believed in."

"The point is to acknowledge that there is a real effect on the children. This may be what the Superintendent is missing."

Two members—Jill Wynns, elected School Board member and Ligaya Avenida from the District's personnel department—attended the Community Congress to discuss the subject with the community in a heated breakout session held at the Bernal Library, on July 17. The outcome of this was a meeting at the BHNC Friday, August 7, with interim Superintendent of Schools Linda Davis and two associates.

To her credit, Linda Davis, the interim Superintendent of Schools came to speak to the neighborhood. In the past, apparently no one would even have shown up. Ms. Davis listened to the community's feelings, yet declared that she was committed to her decision.

Subsequent to the meeting with Ms. Davis, community members contacted the School Board. In an unprecedented move, the Board invited the community to a closed session and graciously listened to each person who wanted to speak. The School Board will vote on whether or not to reinstate Principal Haves on August 13, the day this issue goes to press.

Regardless of the outcome, the respect and generosity of spirit shown by School Board President, Juanita Owens and the entire board, several of whom met with the community to discuss this issue prior to this invitation to the closed meeting, has been sincerely appreciated.

The next school board meeting will take place on Tuesday, August 24th, at 7 pm at Everett Middle School. For more information contact Claire at 415 206-2140.

BERNAL HILLTOP NATURAL HISTORY: Pearly Everlasting

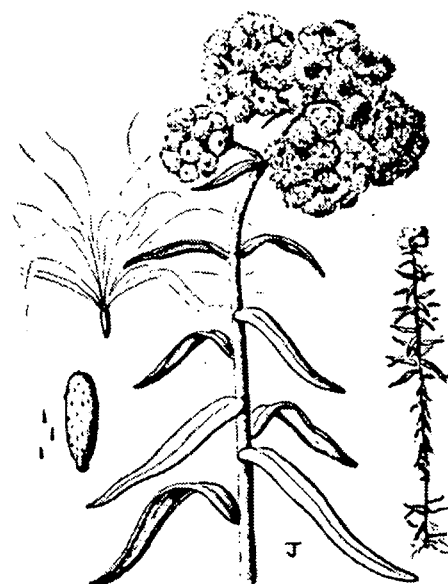
by Barbara M. Pitschel

In my 30 years of watching wildflowers on Bernal, I have never seen our pearly everlastings (*Anaphalis margaritacea*) bloom as profusely as they did this year.

Like many of our hilltop residents, both natives and weeds, pearly everlasting is a member of the sunflower family (Compositae or Asteraceae), one of the largest families of flowering plants in the world, with about 1,000 genera and 25,000 species distributed just about everywhere except central Greenland, Antarctica, and arctic ice floes. Many of the family members are easily recognizable as sunflowers, daisies, thistles, and dandelions, while others are less obvious. The book I used recognizes 2 subfamilies and 17 tribes within this family. Pearly everlasting is a member of the Inuleae tribe, whose members are distinctive in not having ray flowers (the ones that look like petals on sunflowers and daisies) and in having clusters of pearly-white, pinkish-white, or grayish-white disk flowers (the kind that make up the centers of daisies and sunflowers). Besides our native everlastings (*Anaphalis*), the tribe includes *Gnaphalium* species (the cudweeds), some native and some weedy, *Antennaria*, a rock garden favorite, and many other representatives.

The common name "pearly everlasting" comes from the beautiful pearly-white quality of the floral bracts, which are much more luminous than the shorter, grayer, often dirty-white cudweeds, which also occur on Bernal nearer the road edges. The botanical name "*Anaphalis*" is taken from the Greek name for a similar plant, and "*margaritacea*" means "pearl-like."

The flowers, in terminal panicles at the tops of leafy unbranched stems, are actually comprised of pearly-white overlapping floral bracts, with tiny yellow disk flowers in the centers. They age brownish after opening. Stems and linear or lance-shaped leaves are covered with cobwebby or woolly hairs, an adaptation to prevent drying out. These perennials usually grow one to three feet tall, forming large, interconnected colonies through creeping roots, which is certainly what we were seeing on the hill this year.



Anaphalis margaritacea

Everlastings are widely distributed over northern parts of America and Asia, and have been introduced into Europe. In California they occur from the coast to nearly 9,000 feet in the Sierra Nevada. In San Francisco and the Bay Area, they have been reported historically from open or brushy slopes and grasslands at Point Lobos, Lone Mountain, Golden Gate Park, the Sunset district dunes, Lake Merced, Laguna Honda, Twin Peaks, the San Miguel Hills, McLaren Park, and the Bayview Hills. On Bernal, they are prominent along the southern slope between Ellsworth Street and the retaining wall.

The blooming season in the Bay Area is from April to September. In areas that experience winter, pearly everlastings flower later, from July to September.

Everlastings are pollinated by small insects and are widely distributed by seed. They can also be propagated by root division. This easy-to-grow garden plant, suitable for a mixed border, does well in sun or light shade and tolerates drought but can benefit from occasional summer water to look fuller and more attractive in a garden setting. Dried flower heads retain their color and form, so are used in dried flower arrangements.

If you enjoyed these flowers at their peak of bloom, now you know more about them. If you missed them, you can still see impressive stands of them, now turning brown in their fall garb, as San Francisco plants prepare for their brief, dry dormant season.

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BHNC Director Mauricio Vela is looking for volunteers to help distribute the New Bernal Journal. If you'd like to help spread the word, please contact the Bernal Heights Neighborhood Center, (415) 206-2140.

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GIFTS FROM THE HIVE: HEALTH AND THOSE AMAZING BEES



By Tamara Wolfson

Bee products have been used as a food supplement as far back as the mesolithic era (circa 10,000-3,000 B.C.) These products not only can be used as food but also as medicine. In fact, I think they are one of the most precious resources for tonic applications we have available. The four bee products are honey, bee pollen, royal jelly, and propolis.

Honey is a naturally found sugar with twice the sweetness of table sugar. However, because of its unique makeup (higher fructose content) it doesn't affect blood glucose and insulin levels in the same way. In fact, honey assists calcium absorption in the body; this is just the opposite of table sugar. Honey has been used not only as an energy source, but also topically for difficult to heal wounds (not burns), arthritis, gout, and for symptoms affecting the respiratory organs such as sore throat and cough.

Collected in tiny pouches on the back of the honeybee's legs, pollen is the male portion of the flower. It is the origin of the plant's production of fruit, grain, legumes, and vegetables. It is an incredible source of vitamins, minerals, and amino acids, plus some unknown components. Generally, one gram of pollen will have 9.2 milligrams of B1, 18.5 mg of B2, 5 mg of B6, 200 mg of niacin, 30-50 mg of pantothenic acid, 7-15 mg of vitamin C, 10 mg of Beta Carotene, 3.4-6.8 mg of folic acid, and trace amounts of vitamin E. About half an ounce of pollen a day will provide all needed amino acids—the building blocks of proteins.

Pollen has been noted for treating allergies (however, one needs to obtain a local pollen source for this), chronic prostatism, radiation sickness, premature aging, weakness, anemia, colitis, and constipation. Pollen with kelp is useful for remedying low blood pressure. Pollen builds up immunity to heart disease (via B6), improves digestive disorders, improves muscular strength, reduces kidney-bladder inflammation, and aids in skin rejuvenation due to its RNA/DNA contents.

Royal jelly is the mother's milk of the queen bee. All queen larvae receive this substance for the first three days of life. Secreted from the pharyngeal glands of young nursing bees, it contains all the B-complex vitamins,

plus Vitamins A, C, D, and E, as well as enzymes, hormones, eight amino acids, DNA/RNA, antibacterial and antibiotic components. It has been used to treat asthma, liver disease, pancreatitis, insomnia, stomach ulcers, kidney disease, bone fractures, skin disorders, immune system weakness, and digestive disorders, and it also helps support the endocrine system. It is important to note that the processing of one pound of royal jelly consumes the lives of 1,000 three-day-old queen bee larvae. Certainly this is a health nectar which warrants great awareness when consuming it!

Propolis is a strong antibiotic glue used by bees for repairing their hives and enclosing nest invaders so they don't decay when trapped inside the hive. The beehive is one of the most sterile environments found in nature. Propolis is actually a resin gathered from the poplar and fir trees. Bees collect this and add enzymes, pollen, and wax. Everything inside the hive is coated with this antimicrobial substance. It functions like a natural form of penicillin.

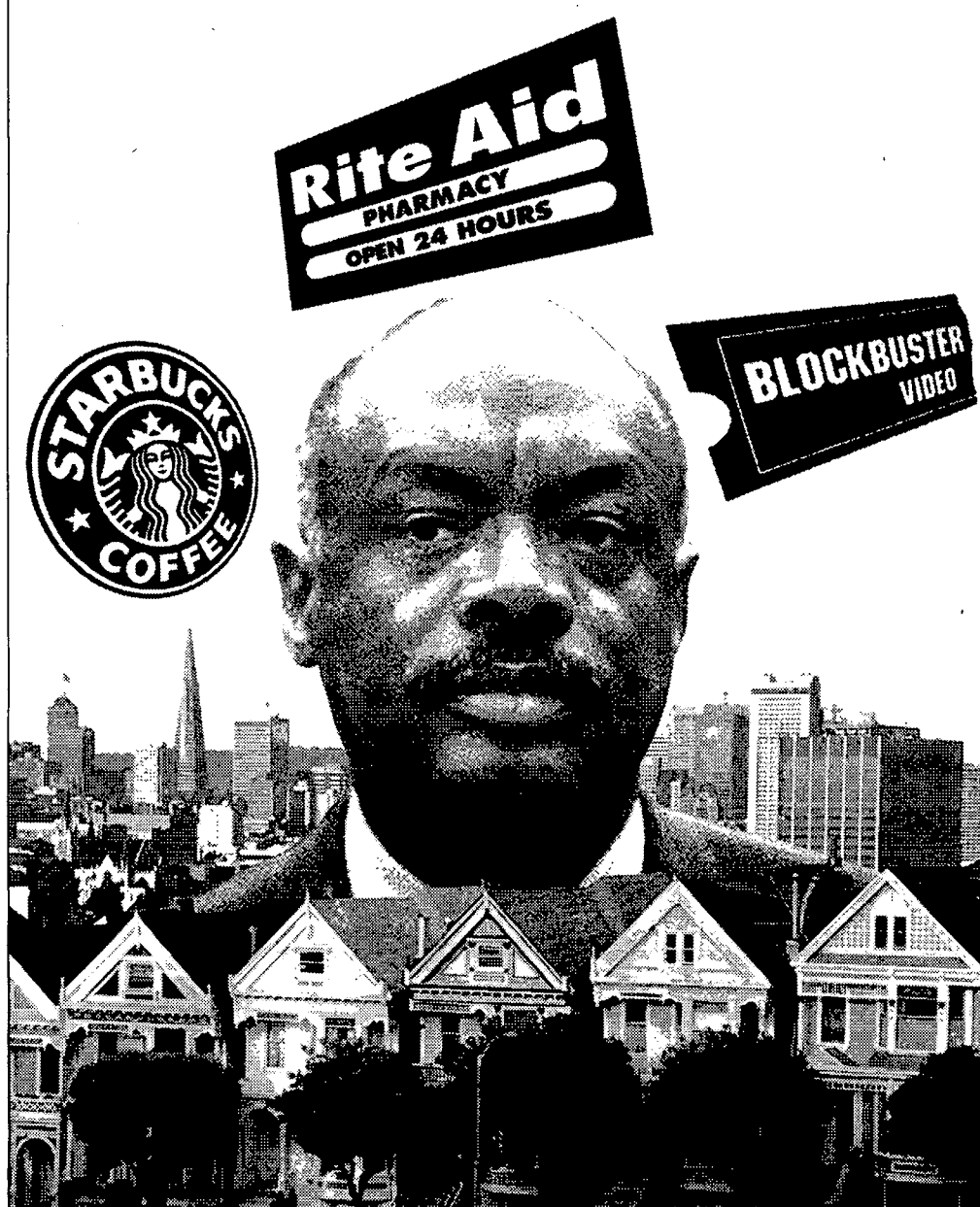
The range of uses for propolis is really quite broad; basically to treat all kinds of swellings, inflammations, infections, skin issues, burns, bruises, and injured bones, as well as sore lips and gums, sore throats, nasal congestion, and respiratory distress. But it is also used as a preventative supplement for the immune system.

What is mentioned here is a very bare-bones introduction to these products. It's really a good idea to buy some books and read more about the production and use of bee products if you're interested in using them. The two texts I've been looking at are Royden Brown's Bee Hive Product Bible and Carlson Wade's Health from the Hive.

I also wanted to note, no matter which bee products one uses, it takes a tremendous number of bees engaging in work non-stop to bring these products to you. Recognition of the intensity in production is really important in the consumption of all of them.

Tamara Wolfson is a Chinese medical practitioner living in Bernal Heights. She may be reached at (415) 824-1635 or by email at tamara_wolfson@hotmail.com.

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FOR MAYOR

OPINION/COMMENTARY

MORATORIUM ON DEVELOPMENT BOOM IN SOUTH BERNAL?

By Melinda May Mazzetti

Following the precedent set by the east slope of Bernal Heights, the residents of south Bernal are asking for a moratorium on building. There is close to one mile of open space across the south slope of Bernal Heights that has, for the first time, become cost effective to develop. And the development has already begun, with 22 townhouses planned for 400 Alemany Boulevard, 66 residential units with retail space at 992 Peralta Street, 9 steep hillside lots to be developed on Moultrie Street (this particular project will require the extension of Moultrie Street by 50% and the demolition of a community garden and 100-year-old grove of trees), and 4 townhouse units on Bache Street. There are an additional 48 contiguous, vacant lots.

We want the OVERALL impact of these new developments considered. To consider their impact individually is not bad planning, its no planning at all.

This is one of the largest, privately-owned blocks of undeveloped land in the city. Its development could be a showcase of smart urban planning. But builders are businessmen; the most cost-effective way for them to work is to level the field, go in straight lines and build as many units as possible. Like Daly City. We would like to work WITH the builders and the city to ensure that these developments are done with respect to the social and geographical context in which they will be built.

Our lots are smaller than the city average, our streets are narrower. Density and parking are major issues.

We want the new infrastructure for the slope above Alemany Housing to be designed around existing features: the old stands of trees, the community gardens... We don't want the field leveled and straight-line streets; we want more creative solutions that will preserve the quality of our neighborhood.

Bernal has a character. Single family homes, little cul-de-sacs, mini block parks and community gardens, old stands of trees; short, hillside streets with stairways and cobblestone walls. Just like all old neighborhoods. Its what makes San Francisco, San Francisco instead of Houston. As this development happens, we expect our "Bernalness" to be preserved.



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73818 Auto Drive Train	Daily	11 A.M.-2 P.M.	108
73343 Auto Electrical Systems	Daily	8-11 A.M.	110
73817 Auto Electrical Systems	Daily	12 NOON-3 P.M.	110
70019 Auto Engines	Daily	8-11 A.M.	115
73742 Automatic Transmission	TTh	6:30-9:30 P.M.	108
73653 Automotive Welding	MW	6:30-9:30 P.M.	112
70035 Body Repair and Refinishing	TTh	6:30-9:30 P.M.	112
70017 Brakes, Suspension	Daily	11:30 A.M.-2:30 P.M.	115
73743 Brakes, Suspension	Daily	8-11 A.M.	102
70030 Clean Air (Begins 8/23/99; ends 11/21/99)	MW	6:30-9:30 P.M.	103
70031 Engines Diagnosis	MW	6:30-9:30 P.M.	108
73652 Frame Straightening	Daily	8-11 A.M.	112
73654 Fuel Injection	MW	6:30-9:30 P.M.	114
70014 Introduction to Auto Tech	MTWTh	6:30-9:30 P.M.	102
70015 Introduction to Auto Tech	MTWTh	2-5 P.M.	103
70016 Introduction to Auto Tech	MTWTh	11 A.M.-2 P.M.	103
70038 Labor Relations Auto Industry	TWTh	11 A.M.-12 NOON	102

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80405 Adv Suspen Align & Brakes	TTh	6:30-9:30 P.M.	110
80406 Basic Auto Maintenance	MW	6:30-9:30 P.M.	115
80408 Basic Auto Maintenance	TTh	6:30-9:30 P.M.	115
80403 Begin Refrig/Air Cond	MW	6:45-9:45 P.M.	106

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Example	30-year Mortgage	Equity Builder Mortgage (15-year term)
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Total Interest Paid	\$212,280	\$92,980
Interest Savings		\$119,300



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* Example assumes an 80% loan-to-value ratio. Chart shown is an example only, based on simple interest rate, and it assumes no fees or closing costs. Amounts may be rounded. Rates may vary. There may be fees and closing costs. Loans are subject to credit approval. Flood and/or property insurance may be required.
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Oh Goddess, take thine eyes away from the brutality of being
My being
My karma has twisted so far away from the path of dogma
Stuck in glue, my tongue is tied
Walking stubbornly into the wind
As if to reclaim my fate
I twist off the tops of bottles to feel powerful
Take away thy hands
Let me not do more evil, ruthless, destruction
Take away my tears
As if a parent confiscating a knife from her six year old boy
With the confusion of grey skies and sunbeams with fiery tears
"The child must have her way"
Please spare me the malicious talk
Lend me your wing so I can metamorphosis
Into an ice cube on the tip of your tongue
Oh great shapeshifter
Let my eyes hold all the wisdom of the worlds unknown
Let me speak in foreign tongues, unheard of until now
Let my laughter fill all chapels and empty graveyards

-Tatiana Olicker, 17



From the Librarian's Desk

By Nancy Silverod



Where have all the new books gone?

Our "New Books" shelves are looking kind of empty, and many of you have asked this question recently. The answer is that they haven't gone anywhere-but a lot of old "new books" that were mixed in with the new books have been pulled. Our goal is to keep the "New Books" section stocked with current titles: nothing over a year old. You might also want to check out our new "staff recommendations" area to the right of the New Books.

What Else is New?

There have been a number of other changes in the last couple of months. Our adult video collection has been put on open shelves-no more hassling with those binders-and we get a little bit more storage and workspace in our tiny back room. We've rearranged the tables in the Children's area, and were pleased to receive a donation of a small-sized table from the preschool downstairs.

A second table donated by the preschool is serving as a coffee table in the teen area, which we're working on spiffing up. Thanks to Valentin for the lovely purple armchair! Teen non-fiction is now shelved in the teen area, the fiction titles now have genre bales (mystery, sci-fi, fantasy, etc.), and we've been able to put out a pretty good selection of Cliff Notes. (We've seen a significant increase in the number of teens and young adults using the teen section-now we just have to chase away all those little kids and grown-ups who want to sit there!)

We've started a read-aloud for older kids (7-ish to 12-ish, depending on attention span) which meets every Tuesday and Friday for about 40 minutes starting at 4 p.m. Right now we're reading Harry Potter and the Sorcerer's Stone.

Scrabble is still happening on Wednesdays at 7 p.m., and we're expanding into other games for a Family Game Night on Wednesdays when there's nothing else scheduled, so please join us.

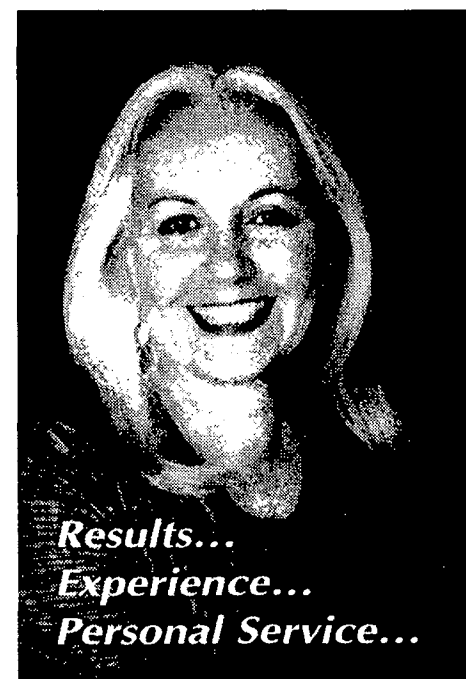
Things to Look For in the Future:

San Francisco Public Library received a large Carnegie grant for a program called "High School and Beyond." The grant will enable each branch to significantly improve and increase the career and higher education sections for teens. The grant will also fund workshops (preparing for the SAT, writing resumes and cover letters, etc.) to go along with the new collections. We're interested in providing other programs for teens and we'd welcome any suggestions.

In the same way that we have special labels for our Latino-interEst books, our African American-interest books will be getting special labels, as will our lesbian and gay titles-as soon as we can find some reasonably-priced rainbow labels.

Can You Help Us?

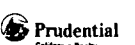
We're looking for another armchair for the teen area, preferably vinyl or leather so it's easier to keep clean. We'd also like a large bin of some kind to keep puppets in (we have a bunch to put out as soon as we have someplace to store them), and if anyone wants to build us a puppet theater, that would be really wonderful.



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Local Musician Ralph Carney: We Like You Too

Excerpts from an interview by Jim Schwartz

Walking daughter Hedda down Cortland Street, he appears to be a mild-mannered Bernal parent. But beneath that innocent exterior lurks the soul of an eccentric musical genius. With the upcoming release of his second solo album, Ralph Carney hopes to move beyond his reputation as sideman par excellence to an artist recognized in his own right.

His solo record, *I Like You (A Lot)*, is due out on Akron Cracker/Birdman Records in early September, and was recorded at his home studio. Ralph, a tenor saxophonist, found success as a sideman, touring with the B-52's and recording with producer Hal Willner, through whom he met Tom Waits, who he has toured and worked with on and off for the past 15 years.

Ralph plays with several local groups, including the Blue Room Boys, "It's one flavor that I do. If I do it too much, I'm in a straight-jacket of 1937, playing this old stuff; I start to feel like those old swing guys must have felt. That's why they came up with new music."

He also performs with Partial Parrot and his new band, Oranj Symphonett, "a band I'm proud of. We've put two records out in the last three years or so."

Carney is committed to engaging the audience in ways that may not have anything to do with music. "Yeah! I got that from a lot of things: weird kids' shows, Friday night monster movies, a guy named Ghouardi, Devo when they first started, Sun Ra, the Residents... It's not just: "Oh, hey, we're doing this serious thing..." That has a place, too; I've just been attracted to the other. I have a 3-year-old daughter now and I get to watch all the best old cartoons. I'm into a lot of different things."

Ralph plays with the Blue Room Boys Friday nights at Radio Valencia.



Ralph Carney, contemplating the future or watching cartoons?
Photo by Audrey Ray

Bernal is home to a number of accomplished musicians. The New Bernal Journal would like to list upcoming performances, recordings, and any newsworthy projects.

Send information to: Anne Telford, New Bernal Journal,
515 Cortland Avenue, San Francisco, CA 94110
(415) 206-2140 ext. 108 fax: (415) 648-0793



Concert Review

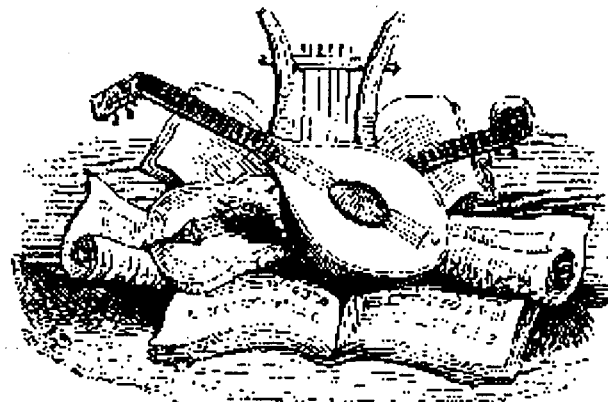
By Mike Matz

For one evening, the Newport Jazz Festival came to Cortland Avenue-figuratively speaking, of course. In a June 6 concert, Music on the Hill, Bernal Heights's chamber music series, featured the world premiere of a commissioned work by Bay-Area composer and jazz musician, Wayne Wallace. Those attending were fortunate to hear this profound piece in the intimate setting of St. Kevin's Church. Music on the Hill, which is steadily establishing its presence in San Francisco, continues its tradition of bringing exceptional music to the Bernal doorstep at affordable prices.

Wallace, a seasoned jazz trombonist and composer native to San Francisco, has performed extensively with renowned musicians including John Handy, Tito Puente, and Ray Charles. He has received numerous awards including a National Endowment for the Arts grant for jazz composition and the Bay Area Theater Critics' Award for best original score. Wallace wrote the new work, entitled "Dance Variations," in the Cuban Danzon style for cello, piano, and percussion.

The performance was a rare marriage of different musical worlds. Cellist Joan Jeanrenaud of the Kronos Quarter and pianist Ava Soifer, San Francisco School of the Arts artist-in-residence, contributed their virtuosity from the classical realm. Percussionist Michael Spiro, a Bay Area master who tours worldwide with his percussion trio Talking Drums, brought decades of Latin jazz experience to the table. Wallace worked closely with the musicians in the weeks before the concert, infusing his perspective of the composition as a whole.

Together, the performers played the technically-complex composition as a beautiful musical statement. A sense of awe seemed to have swept over the audience during some of the most intensely mind-boggling Cuban syncopations. The piece was stitched together with interesting and interrelated melodic themes. Michael Spiro's improvisational solo was exceptional and fun to watch, as he was flanked on either side by the other two classical performers.



Music on the Hill is Bernal Heights's very own chamber music series held in the intimate setting of St. Kevin's Church. For ticket and subscription information, please call (415) 241-1515 or e-mail mothmuse@aol.com. Here are the remaining concerts this season:

SEPTEMBER 12TH

Pacific Arts Trio

Angie Koregelos, flute; Dan Reiter, cello; and Natalie Cox, harp, performing transcriptions by cellist Dan Reiter of works by Janacek, Debussy, and Britten.

NOVEMBER 14TH

Del Sol String Quartet Anthony Blea, violin; Kathryn Stenberg, violin; Charlton Lee, viola; and Gretchen Egen, cello, performing works by Beethoven, Dvorak, D'Rivera, and Piazzolla.

All concerts are on **Sundays** at 7 p.m., St. Kevin's Church, 704 Cortland

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RECYCLING IN SAN FRANCISCO

by Debby Dunn,
Public Outreach Coordinator San Francisco Recycling Program

San Franciscans often have questions about recycling. To help provide more information and improve recycling, this column will answer recycling questions and give waste prevention tips each issue.

Q: How can I learn more about Composting?

A: Composting, for those of you who are not familiar with it, is what you can do to recycle organic material from your yard and home such as leaves, grass and other plant trimmings as well as your fruit and vegetable scraps.

Composting benefits both you and the environment by naturally breaking down these organic materials into a dark rich soil amendment that will feed your plants. It also saves water in your garden when used as ground cover, and reduces pollution by diverting waste away from our landfills. You may even be able to reduce the size of your garbage can, thereby reducing your garbage bill.

And now to answer your question, you can learn how to compost at **FREE** workshops given year round by the San Francisco League of Urban Gardeners (SLUG) and sponsored by the City and County of San Francisco's Recycling Program. These classes will teach you how to backyard compost as well as how to compost in a bin using worms (perfect for apartment residents). Below is the schedule of workshops for the next two months:

AUGUST 7: "Urban Composting Recipes." Learn to flavor your compost to match your gardening needs. **Garden for the Environment, 7th Ave. at Lawton. 10 a.m.- noon.**

AUGUST 14: "Urban Composting in Visitacion Valley." Learn to turn your spoils into soil at this workshop on basic and worm composting in the City. **McLaren Park Garden, Leland at Hahn. 10 am-12 noon.**

AUGUST 28: "Composting Basics in North Beach." Learn the wonders compost can do for your garden and learn to use the Earth Machine and Wiggly Wranch worm bin. **Paula Young Garden on Columbus and Bay. 10 a.m.-noon. Given in Cantonese.**

SEPTEMBER 4: "Urban Composting in Bernal Heights." Learn to turn your spoils into soil at this workshop on basic and worm composting. **St. Marys Urban Youth Farm, Alemany at Ellsworth. 1-3 p.m.**

SEPTEMBER 11: "Urban Composting in the Mission." Learn composting techniques which you can practice at your own home whether you have a backyard or live in an apartment. **Given in Spanish and English. Alloto Park, Capp and 20th, 10 a.m.-noon.**

SEPTEMBER 25: "Urban Composting." Learn to turn your spoils into soil at this workshop on basic and worm composting in the City. **Garden for the Environment, 7th Ave. at Lawton St. 10 a.m.-noon.**

For more information on workshops, free how-to brochures, discount bin sales or composting in general, please call **SLUGs ROTLINE** at (415) 285-7585 or visit the website at www.sfreecycle.org.



WASTE PREVENTION TIP OF THE MONTH

Pack yourself, or your child, a waste-free lunch. Just follow the simple suggestions below to reduce waste and **SAVE MONEY**:

- Use a reusable lunch bag or a paper bag (which you can either reuse or recycle).
- Use cloth napkins or if you're a really tidy eater, skip the napkin altogether (I know many of my friends and coworkers could never do this-present party included.)
- Use reusable containers (example: old margarine and yogurt tubs make great what I like to call "Plain Wrap Tupperware").
- Reuse plastic bags from the grocery store (and keep reusing them until they hit the bottom of the reuse ladder = pet poop bags).
- Buy foods in bulk, like raisins and nuts, and pack them in a tiny container or plastic bag.
- Use tinfoil instead of Saran® wrap (tin foil can be recycled in the curbside program).
- Bring drinks in recyclable containers (i.e., aluminum cans, #1 or #2 plastic bottles, instead of juice boxes) or a thermos.
- If you, or your child, cannot finish your lunch, share the leftovers with friends and coworkers (some people will really appreciate it-depending on what you have left over).

For more Waste Prevention Tips, call the San Francisco Recycling Program at (415) 554-3400 and request the Environmental Shopping Guide. If you have questions or article ideas that you would like to see in coming issues, please call (415) 554-3400 or mail [sfrecycle@ci.sf.ca.us](mailto:sfreecycle@ci.sf.ca.us). I look forward to hearing from you!

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Questions?
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94 Mazda truck, low mileage. \$7,000. Or best offer. (415) 831-2433.

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Hot Flash! Midlife Women's Groups in Noe Valley. Meet with women your age, supporting each other through the struggles, challenges and joys of midlife. We are trailblazers and elders in training, redefining what aging means to us. **Arlene Dumas, LCSW, 641-4553.**

List your business or service. Classified ads at 20¢ a word. **NBJ, 515 Cortland Avenue San Francisco, CA 94110, or call 206-2140 ext. 148**

BERNAL ALERT

Bernal resident Denise Collier and her husband Dr. David Collier, wrote to let us know that a man named "Jim" had appeared on their doorstep and claimed to be soliciting donations for a summer girl's basketball league sponsored by St. Kevins that his daughter played in. The man in question got their attention by saying that there had been a homeless person sleeping by the side of their house and that he was the area S.A.F.E. captain and wanted to talk with them about this. He seemed to know details of the neighborhood, got their confidence, and a small sum of money. It turns out that he has pulled this scam in Noe Valley and the Noe Valley Voice ran an article about him in their Police Beat column, titled "This Con Man is Not SAFE," written by Officer Lois Perillo. Apparently "Jim" has talked his way into the homes of two elderly women and stolen items. He is described as a white- or olive-skinned 45-year-old man, standing 5'8", weighing 160 pounds, with brown, combed-back hair and a very thin mustache. If you see this man, please contact the police at (415) 553-0123, or Officer Perillo at (415) 558-5404. Thanks David and Denise for the heads-up safety tip.

We go to great heights to serve you in...

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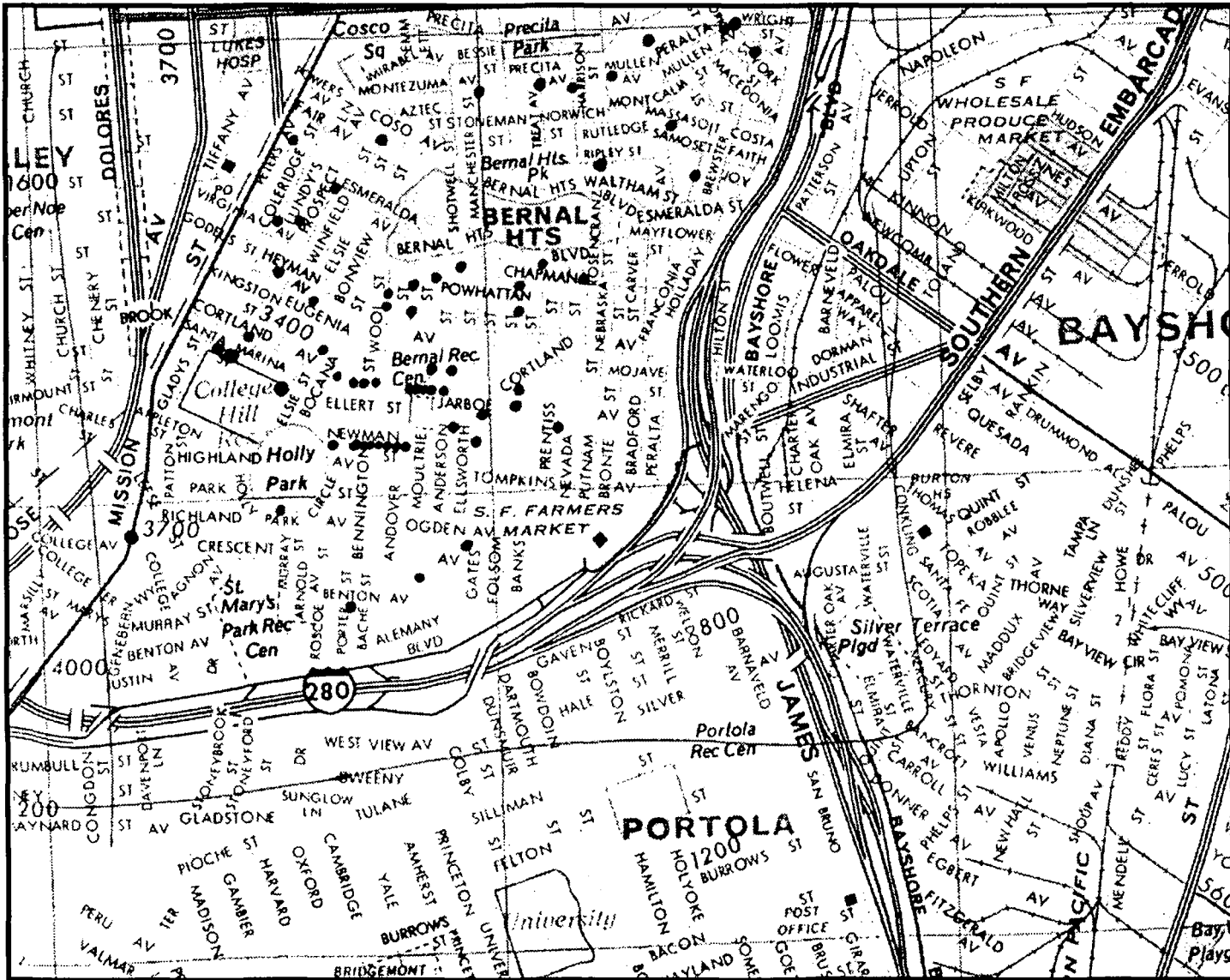
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- 65 Manchester (Bessie & Stoneman)*
- 84 Winfield (Esmeralda & Coso)*
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